



Living Well Together

A Newsletter of the Georgetown Council on Aging



Nat'l Classical Music Month

Volume 21/Issue 3

Email: cfiorello@georgetownma.gov

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Website: www.georgetownma.gov

Director's Notes: The other day, my young granddaughter passed me a maple leaf while playing in our backyard. "Grandma," she said, "I have a present for you." I explained that it was a leaf from a maple tree. "That means maple syrup," she said, already looking forward to next spring's sugar making season. I looked at the leaf & realized that it had already changed from green to a rusty red color. Although the summer had not yet passed & we were still in our bathing suits, the change of seasons had begun. We had just returned from enjoying family activities at Yankee Homecoming in Newburyport when she found the maple leaf by our pool. When our daughters were young, the final weekend of Yankee Homecoming always made them feel a little wistful as they believed the weekend marked the end of the summer & the start of the new school year. No hesitation for this little one. She was already looking forward to spring, skipping right over fall & winter! For her, the start of the school year means a return to time with friends & fun activities together. A new back pack will soon be purchased along with several new outfits, since she has grown at least half a foot this past year. However, I can also remember the excitement that I felt walking to school on the first day of a new school year while carrying a new maple leaf tartan book bag over my shoulder – which seemed very grown up at the time! Another year, my mother bought me a new winter coat as part of our back to school shopping. The brown suede coat had a plush lining & full hood that buttoned below the chin. It was not going to be needed for a few months but I was so excited to wear the coat that I would rush home from school at lunch, put it on & walk up & down the driveway just to try it out! Perhaps, this is where my granddaughter gets her excitement for the change of seasons & what is coming next! As we celebrate National Senior Center Month, join us as we look forward with enthusiasm to what is coming next at the Georgetown Senior Community Center. **(Continued on page 6.)**



Thank You for All You've Done

As she prepares to move out of town for warmer climates, our very dear friend Mickie Locke recently announced her retirement as the COA's Meal Site Coordinator. For the past 10 years, Mickie has served as the COA's Meal Site Coordinator. Her tenure as Meal Site

Coordinator saw the move take place from the leased meal site & activity space at the First Congregational Church to the new Georgetown Senior Community Center. Along with her smile & very good humor, Mickie always had a song, joke & a warm hug for any & all Senior Center participants. On a daily basis, coffee & a plate of goodies were ready for morning card players & no one ever left the dining room hungry after lunch. Mickie has promised to return for visits & we're holding her to that promise. We are very fortunate that Meal Site Assistant Carol Westhaver will now serve as the COA's Meal Site Coordinator & long-time volunteer Esther Palardy will serve as the COA Meal Site Assistant. Lots of good meals are in our future. We are going to miss Mickie dearly but we wish her well & are already looking forward to that first visit.

Caring for someone with Alzheimer's or Dementia?

The Savvy Caregiver Free 6-week Program

Wednesdays Sept. 11 – Oct. 16, 2019 1-3 p.m.

Georgetown Senior Community Center

Whether you give care as a family member or friend, this program can help you to better care for your own health & more effectively manage the unique challenges of dementia care.

Sessions will cover:

- ★ Unique impact of dementia on both the care recipient & caregiver
- ★ Identifying personal barriers to self-care
- ★ Setting reasonable goals
- ★ Managing stress
- ★ Effective communications
- ★ Sources of support
- ★ Strengthening family resources

Please plan to attend all 6 meetings for continuity.

For more info, call the COA at 978-352-5726.

Presented in partnership with Elder Services of M.V.

The COA and all activities will be closed on Monday, Sept. 2 for Labor Day.

September Activities

ALL ACTIVITIES ARE HELD AT GEORGETOWN SENIOR COMMUNITY CENTER UNLESS OTHERWISE NOTED.

CALL US AT 978-352-5726.



S E P T E M B E R V A N S C H E D U L E 2 0 1 9



Shopping Date	Location	Recreation Date	Location
Sept. 3	NO SHOPPING VAN – Brown Bag	Sept. 5 9:30	Super Walmart/Salem, NH
Sept. 10 9:30	Riverside/Haverhill	Sept. 12 8:30	Plum Island Tour (Note p/u time.)
Sept. 17 9:30	Plaistow, NH	Sept. 19 10:30	Mann's Orchard & Target/Methuen
Sept. 24 9:30	Seabrook, NH	Sept. 26 10:30	Westgate/Haverhill

JOIN US MONDAY – THURSDAY MORNINGS from 8:30 - 11 a.m. for cribbage and card games! Puzzles, coloring materials & a pool table (call for availability) are also available for drop-in use. Hot coffee and snacks are a great way to meet-up with friends! **Tuesday (9:30-11 a.m.) is Homemade Muffin Day!**

MEN'S BREAKFAST: **Thurs. Sept. 5, 9:30 a.m.**
Officer Lefebvre, GPD will speak on **town speed limit changes and traffic enforcement.** With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726.**
Next breakfast: October 3 Speaker: Fire Chief Fred Mitchell.

KAREN TYLER, DIR. VET. SERVICES OFF. HOURS:
Thurs. Sept. 5 10:30 a.m. – 11:30 a.m.

PUBLIC HEALTH NURSE: **Wed. Sept. 4, 9:30 a.m.**
 Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have.

SHINE OFFICE HOURS: Mon. Sept. 16 9 a.m.-12 p.m.
SHINE Counselor Jerry Goldberg will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

Local Legislators' Office Hours

State Rep. Lenny Mirra & Senator Bruce Tarr, or their representatives, will be on hand at the **Georgetown Senior Community Center** to meet with constituents to answer questions, hear comments or provide assistance. The next scheduled office hours for both will be:

Tues. Sept. 17, 11 a.m. – noon

The public is welcome. No appointment necessary. If you cannot come to the Center, both legislators can be contacted through the email addresses below.

Rep. Lenny Mirra: Leonard.Mirra@MAhouse.gov

Sen. Bruce Tarr: Bruce.Tarr@masenate.gov

For more information, contact the COA at 978-352-5726.

NEW HYBRID EXERCISE CLASS See pg. 6.
Thurs. Sept. 5 & every Thurs. thereafter, 10:30 a.m.

NORMAL AGING VS. MEMORY LOSS
Tues. Sept. 10, 10:30 a.m. See pg. 3.

TOE-TAPPIN' DANCE CLASS
Wed. Sept. 11, 10:30 a.m. See pg. 3.

SAVVY CAREGIVER 6 WEEK PROGRAM
Weds. Sept. 11– Oct. 16, 1-3 p.m. See pg. 1.

SPECIAL VAN TRIP: PARKER RIVER RESERVATION
Thurs. Sept. 12, 8:30 See pg. 6.

SPECIAL LABOR DAY LUNCH
Thurs. Sept. 12, 12 p.m. See pg. 3.

DELVENA THEATER: "ANN & ABBY"
Thurs. Sept. 19, 1 p.m. See pg. 3.

COA Friends will meet Tuesday, Sept. 10 at 1 p.m.

BOOK CLUB RESUMES: Tues., Sept. 24, 2019, 2 p.m.
"Book Woman of Troublesome Creek" by Kim Richardson

SEPTEMBER BIRTHDAY:
Wed. Sept. 25, 12 p.m. Join us as we honor our friends who were born in September. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 9/18/19 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

Free Legal Help offered by Atty. Elaine Dalton

Tues Sept. 24, 10 a.m.

Assistance available for: *Health Care Proxies, *Durable Power of Attorney, *Elder Law Issues
 *15 min. appts. available by calling COA at 978-352-5726



Health & Wellness Classes

All classes are held at Georgetown Senior Community Center
unless otherwise noted.

Newcomers & beginners welcome.

There is a **SUGGESTED DONATION** of \$3.00 per class.

Class	Meets on	Time
Yoga (Bring a mat or towel)	Monday	10:30 a.m.
(NOTE TIME CHANGE)	Wednesday	9:30 a.m.
Strength Training	Tuesday	9:30 a.m.
Hybrid Exercise Class	Thursday	10:30 a.m.
Tai Chi	Thursday	12:30 p.m.
Fitness Room	Mon. – Thurs.	Call for equip. Availability

Walking Program

Meets Rain or Shine

Tues. & Thurs. 8:30 a.m.

Participants will meet at the GSCC & will embark on one of several pre-determined routes.

Walking Club is free of charge.

Normal Aging v. Memory Loss

Presented by

Kim O'Connell, MSW, LCSW

Director of Community Relations
Bridges® by EPOCH at Andover

Tues. Sept. 10, 10:30 a.m.

When Is Forgetfulness a Sign of Normal Aging ... and When Is It Dementia?

If you or a family member is experiencing memory loss or unusual behavioral changes, join us to learn what's normal, what's not, and if it may be time for a professional memory screening.

Light refreshments will be served.

For information or to sign-up, contact the COA at (978) 352-5726

Toe-Tapping, Knee Slapping Dance Class

Instructor: Joyce Sartorelli



Wednesday Sept. 11, 10:30 a.m.

Join us for 45 minutes of fun & instruction:

- **Gentle Warm-up Exercises**
- **Enjoy a variety of styles: Swing, Twist, Country Western Line Dance, 50's**

No charge. ~ All skill levels welcome.

Contact the COA to sign-up
as soon as possible. 978-352-5726



Special Labor Day Luncheon

Sponsored by ESMV

Thursday, Sept. 12 ~ 12:00 p.m.

Georgetown Senior Community Center

Menu:

**Mediterranean Chicken Breast ~ Lemon Olive Rice
Veg Ratatouille ~ Dinner Roll ~ Chocolate Fudge Cake**

\$2 suggested donation

Lunch reservations are required before 9/4/19.
Contact the COA at 978-352-5726.



Delvena Theater presents

"Ann & Abby"

A Performance and Tea



Thurs. September 19, 1 p.m.
Georgetown Senior Community Center

Join us for a spot of tea & an edu-taining presentation celebrating the 100th birthday of the twins, Ann Landers & Dear Abby.

- ☆ Learn about their lives, loves and letters.
- ☆ Enjoy advice on the proper way to hang toilet paper, how to participate in nude housekeeping & many other important matters.

The Delvena Theatre Company has been entertaining audiences for over twenty-five years & has become an annual favorite in the Georgetown senior community.

For reservations, please call the Georgetown Council on Aging at (978) 352-5726 **BEFORE 9/11/19.**

Tea & Refreshments will be provided by the Friends of the Georgetown COA.



This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which supported by the Massachusetts Cultural Council, a state agency.

**Wednesday Yoga Resumes Regular Time:
9:30 a.m. on Wed. Sept. 4**

Director's Notes (continued from page 1)

Reflecting the theme of *Senior Centers: The Key to Aging Well*, the line-up of September activities includes a 6-week Savvy Caregiver Program that will provide important tools for those who serve as caregivers. A new exercise class will debut on Thursday September 5 while a program on Normal Aging Versus Memory Loss is scheduled for September 10. A special Labor Day Luncheon will wrap up the week on Thursday September 12 and we are all looking forward to the return of Delvena Theater on Thursday September 19. A special tea and performance of *Ann and Abby* is planned. Summer may be coming to an end but there is much to look forward to as we continue to showcase the positive future of aging within our community. We look forward to enjoying the fall with all of you!

New Fall Fitness Offering

Hybrid Exercise Class
led by Leah Miller

Thursdays at 10:30 a.m.

Classes include:
stretching, cardio, & strength training

**For more information, contact the COA
at 978-352-5726,**

Ongoing & Monthly Activities

For more info on any activities call the COA
978-352-5726



COA Marketplace: Nonperishable items are located at GSCC. No income restrictions apply. Appointments are required by calling 978-352-5726.

BINGO: Mon. at 12:30 p.m. \$1 per card covers all games.

WINTHROP STAMP CLUB: 2nd & 4th Thurs., 1-4 p.m.
General meeting followed by stamp auction (open to public).

Knitting Group: 2nd & 4th Thurs., 9:30-11:30
Drop-ins welcome.

Emergency Quilts for Comfort: 2nd & 4th Tues., 12- 2 p.m.
Free. Fabric/batting provided. Drop-ins/beginners welcome.

Beginner's Quilting Class: 2nd & 4th Tues., 2 – 3 p.m.
Free. Fabric/batting provided.

Mah Jong Group: Wed. at 12:30 p.m.

Book Club: 4th Tuesday of each month, 2 p.m.

Special Van Trip to Parker River Nat'l Wildlife Refuge

Tour Guide: Alix McArdle
Thursday Sept. 12



Get a glimpse of Plum Island that few people get to see.

The van will begin to pick people up at 8:30 a.m. Seating is limited. For van reservations, please call the COA at 978-352-5726.



Donations Sought for Council on Aging Marketplace

With the need for assistance in the community increasing, the COA needs help stocking the shelves at our Marketplace.

Specific items with a high turn-over are:

Shelf-stable Milk

Paper Goods (towel, napkins, toilet paper, tissues)

Toiletries

Cookies/Crackers

Dish/Laundry Detergent

Items can be brought to the Georgetown Senior Community Center Monday-Thursday, 8 a.m. to 3:30 p.m.



The Annual BBQ provided by ESMV was enjoyed by all.

Mark Your Calendar

- Oct. 17 Special Autumn Lunch
- Oct. 30 Halloween/Birthday Lunch
- Nov 5 Simons & Goodwin Concert
- Nov. 6 Annual Flu Shot Clinic
- Nov. 6 "My Life, My Health"-6 wk. workshop
- Nov. 12 Medicare Plan Review
- Nov. 12 Holiday Light/Safety

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL:

Northern Essex Elder Transport, Inc.

This program provides rides for elders to medical appointments. Arrangements should be made at least **ONE WEEK** in advance by calling the COA office at (978) 352-5726. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

RING & RIDE: Medical, Shopping & General-Purpose Transportation & Medi-Ride

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24-hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, contact the COA.

HANDICAP PLACARDS

The COA has applications for **HANDICAP placards** available from the Registry of Motor Vehicles.

Meals on Wheels

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

Congregate Meals

The COA Meal Site offers nutritious lunches Monday-Wednesday at 12:00 p.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

FOOD AND HEAT RESOURCES

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

Board of Health Nurse

On the first Wednesday of each month, from 9:30 - 10:30 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc.

S.H.I.N.E.

Serving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselors Jerry Goldberg & Nancy Aberman @ Georgetown Sr. Community Center. See newsletter for specific dates.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 1/15/19

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

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Georgetown Council on Aging
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Open:
Monday – Thursday 8 am – 4 p.m.

Georgetown
Senior Community Center
51 North Street
Georgetown, MA 01833

Open:
Monday – Thursday 8:30 am – 4 p.m.

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Meal Site Coordinator: Carol Westhaver

Assistant: Esther Palardy

Board Members:

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Sue Clay, Vice Chair

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Joe Bonavita, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen, Clerk

Charles Durney, Board of Selectmen

Gary Fowler, Board of Selectmen

David Twiss, Board of Selectmen

Georgetown COA Webpage is

located on the town's official website

www.georgetownma.gov.

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at **12:45 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center 51 North Street, Georgetown**

NEXT BOARD MEETING:
Tuesday September 24, 2019

Council on Aging Mission Statement: The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Inclement Weather Policy: The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Elder Services of Merrimack Valley Lunch Program is closed, there will be no lunches served at the COA Meal Site located at the Georgetown Senior Community Center.

September Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the Georgetown Sr. Community Center at 12 p.m. Cost is \$2.00.

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley

Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
2 CLOSED: LABOR DAY	3 Cheeseburger/Bun, Potato Chips, Carrots, Pineapple	4 Shredded Turkey/gravy/Bread, Sour Cream, Mashed Pot, Peas & Pearl Onion, Cookie
9 Hot Dog/Bun, Mac 'n' cheese, Mixed Veg, Mandarins	10 Vegetable Frittata, Pork Sausage Patty, Roast Potato, Fruit Loaf, Juice (no milk), Yogurt	11 Turkey & Cheese Chef Salad, Lentil Salad, Pita Bread, Mixed Fruit
16 Breaded Fish, Lemon Rice, Corn & Red Peppers, Multi-Grain Bread, Peaches	17 Pulled Pork/Bun, Garden Salad/Dressing, Sweet Pot, Apple Crisp	18 Stuffed Shells/Marinara Sauce, Creamed Spinach, Italian Bread, Fresh Fruit
23 Meatball Sub: Meatballs/Sauce/Roll, Pasta, Cauliflower, Mixed Fruit	24 Apricot Chix, Pot Au Gratin, Chef's Veg, Dessert, Oat Bread	25 BirthDay Lunch: Shepard's Pie, Green Beans, WW Roll, Pears, Cake, Ice Cream
30 Chicken Teriyaki, Rice, Asian Veg, Dinner Roll, Chef's Dessert		

September is National Honey Month ~ Honey Garlic Shrimp

Ingredients: 3 T Fresh Grated Ginger ~ 9 Garlic Cloves, minced ~ 6 T Honey ~ 6 T Soy Sauce ~ 3 lbs. Peeled/Deveined Shrimp

Directions: In a large bowl, whisk together ginger, garlic, honey & soy sauce. Add shrimp & marinate in refrigerator for 1/2 to 1 hour before cooking. Remove shrimp from marinade & sauté in a large skillet or wok over med/high heat, about 1 min./side. Add remaining marinade and bring to a strong simmer. Let cook for an additional minute. Remove from heat and serve.



Honey Trivia: The average honey bee will actually make only one twelfth of a teaspoon of honey in its lifetime. A honey bee can fly as fast as 15 miles per hour. A honey bee visits 50 to 100 flowers during a collection trip. Worker bees are all female. A colony of bees consists of tens of thousands of worker bees, one queen and sometimes drones (male bees). When a bee finds a good source of nectar it flies back to the hive and shows its friends where the nectar source is by doing a sort of dance positioning the flower in relation to the sun and the hive. This is known as the 'waggle dance.'

SEPTEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 CLOSED: LABOR DAY	3 No Shopping Van-- Brown Bag 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	4 9:30 BOH Nurse 10:30 Yoga 12:00 Lunch 12:30 Mah Jong 1:00 Savvy Caregiver	5 9:30 Men's Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 10:30 Hybrid Exercise Class 12:30 Tai Chi
9 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	10 9:30 Van: Riverside/Hav'll 8:30 Walking Club 9:30 Strength Training 10:30 Aging v. Memory Loss 12:00 Lunch 12:00 EMS Quilts 1:00 Friends of COA 2:00-3:00 Beginners' Quilting	11 10:30 Toe-Tappin' Dance Class 10:30 Yoga 12:00 Lunch 12:30 Mah Jong 1:00 Savvy Caregiver	12 8:30 Van: Plum Island (Note different pick-up time.) 8:30 Walking Club 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:00 Labor Day Lunch 12:30 Tai Chi 1:00 Stamp Club
16 Shine Appointments 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	17 9:30 Van: Plaistow, NH 8:30 Walking Club 9:30 Strength Training 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch	18 10:30 Yoga 12:00 Lunch 12:30 Mah Jong 1:00 Savvy Caregiver	19 10:30 Van: Manns Orchard & Target/Methuen 8:30 Walking Club 10:30 Hybrid Exercise Class 12:30 Tai Chi 1:00 Delvena Theater/Tea
23 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	24 9:30 Van: Seabrook, NH 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 12:00 Lunch 12:00 EMS Quilts 12:45 COA Board Mtg. 2:00 Book Club 2:00-3:00 Beginners' Quilting	25 10:30 Yoga 12:00 Birthday Lunch 12:30 Mah Jong 1:00 Savvy Caregiver	26 10:30 Van: Westgate/Haverhill 8:30 Walking Club 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:30 Tai Chi 1:00 Stamp Club
30 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	Oct. 1 No Shopping Van-- Brown Bag 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	Oct. 2 9:30 BOH Nurse 10:30 Yoga 12:00 Lunch 12:30 Mah Jong 1:00 Savvy Caregiver	Oct. 3 9:30 Men's Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 10:30 Hybrid Exercise Class 12:30 Tai Chi

Van Trips: The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.